



Serves: 4

Mocha Mousse with Strawberry Coulis

Ingredients

- Bitter chocolate (70% Cocoa) 100g
- Water, with ice ½ cup
- Fresh strawberries 100g
- Sugar 20g
- Lemon juice 10g
- Instant coffee 80g
- Gelatin 8g

Tips:

- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil, sugar and seasonings used in cooking.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Melt chocolate over very low fire in non-stick pan.
- Stir nicely until totally melted. Add water immediately.
- Continue to stir with wooden spoon and put the pan in a mixing bowl containing ice water.
- Mix melted chocolate, cocoa powder and instant coffee powder thoroughly with a whisk (or electric whisk) for 2 minutes. Transfer into 4 dessert bowls and chill in the fridge.
- Mix strawberry, lemon juice and sugar using an electric blender to make strawberry sauce.
- Serve chocolate mousse with sauce.

NB: For a great light mousse it is necessary to follow these ingredient amounts and procedures closely.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 145kcal

Protein 3.5g

Total fat (g and % of total calories)
8.8g (47.7%)

Saturated fat 5.2g

Cholesterol 0.0mg

Carbohydrate 18.2g

Dietary Fibre 2.4g

Sodium 7mg